

Preserved Duck Egg 皮蛋



Photo reference: http://www.biltongmakers.com/biltong150_newsletter-2008-04.html

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| Nutrition Facts/營養標示 | |
|---|------------------------|
| Serv. Size/每一份 1 egg/個 (60 g/克) | |
| Servings per container/份 6 | |
| Amount Per Serving/每份 | |
| Calories/能量 70kcal/千卡 | Fat cal./脂肪卡 30 |
| % Daily Value*/每日攝取量百分比* | |
| Total Fat/總脂肪 3.5 g/克 | 5% |
| Saturated Fat/飽和脂肪 1.5 g/克 | 7% |
| Trans Fat/反式脂肪 0 g/克 | |
| Polyunsat. Fat/多不飽和脂肪 0 g/克 | |
| Monounsat. Fat/單不飽和脂肪 0 g/克 | |
| Cholesterol/膽固醇 240 mg/毫克 | 80% |
| Sodium/鈉 420 mg/毫克 | 17% |
| Potassium/鉀 0 mg/毫克 | 0% |
| Total Carb./碳水化合物 3 g/克 | 1% |
| Fiber/纖維 0 g/克 | 0% |
| Sugars/糖 0 g/克 | |
| Protein/蛋白質 7 g/克 | |
| Vitamin/維他命 A 10% | • Vitamin/維他命 C 0% |
| Calcium/鈣 4% | • Iron/鐵 8% |
| * Percent Daily Values are based on a 2,000 calorie diet. | |
| * 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求 | |

Ingredients/成分: Duck egg, water, sodium carbonate, salt, tea.

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